

ONE TREE HILL

Grapevine

NOVEMBER 2020

VOLUME 43

EDITION 10



Community Magazine

... I heard it through the Grapevine ...

Cover: Patrol of OTH Scouts on an overnight hike in Para Wirra / Photo Credit: Annette Fordham



READ THE GRAPEVINE ONLINE

For the online edition of the One Tree Hill Grapevine, please visit the

WEB SITE: <http://onetreehill.org.au>

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You can also now head to our facebook page and give it a "Like".



One Tree Hill Grapevine

For submissions - EMAIL: grapevine@onetreehill.org.au or MOBILE: 0435 269 564

The One Tree Hill Grapevine is published by the One Tree Hill Progress Association.

The views expressed in the One Tree Hill Grapevine are not necessarily those of the One Tree Hill Progress Association. Whilst every effort has been made to ensure that information in this publication is fair and accurate, One Tree Hill Grapevine cannot be held responsible for any content or advertisement, including errors or omissions.

DEADLINE for the Next Edition is Wednesday 18th November

To advertise in the Grapevine you must live in One Tree Hill or the surrounding area, or operate a business that provides a unique service to the district.

COMMUNITY MAGAZINE

The Grapevine is a great way to share local news, views and events.

A Gold Coin Donation towards the cost of the production of the Grapevine would be greatly appreciated.

Please place your gold coin donation in the Piggy Banks at:

- ◆ The General Store
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- ◆ Pharmacy, or
- ◆ OTH Country Market



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1/8 page	\$40
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1/3 page	\$135
1/2 page	\$195
Full page	\$395

Classified Ads (Black & White pg 22)

Single \$15 / Double \$25

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General Business: 8280 7055





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From Behind the Desk...

Welcome to the November issue of the One Tree Hill Grapevine. This issue is again jam packed with local content, and there are also information sessions available to residents coming up which are advertised, so consider heading along to those to keep yourself informed.

Our cover page shows a patrol of OTH scouts at Para Wirra on an overnight hike through the park. Along with our regular community news, this month we have more advice from a local vet regarding snake bites in animals, an article about former Captain Thomas Walsh from CFS, who is moving onto a new role, Joey Scout fundraiser. Natasha Steen has also provided good advice about kicking our bad habits.

We would love to know what you would like to see more of in our community magazine which is by locals, for locals. It would be great if you could take some time to complete our readership survey online. The link is in the OTH Progress Association President's Report.



COUNTRY MARKET



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One Tree Hill Institute

SAT 7th NOVEMBER 8:30am-1pm

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Enquiries: 0457 107 817 / market@onetreehill.org.au

<http://onetreehill.org.au/index.php/market>



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One Tree Hill Progress Association ~ President's Report

Dear Residents,

The Progress Association meeting for 8Oct20 was cancelled. Unfortunately, I spoke too soon last month, and the Secretary we had lined up fell through. If you have a spare couple of hours a month to attend one meeting and to write up the Minutes, please consider coming onto Progress. Feel free to call me to discuss the Secretary duties if you would just like to make some informal enquiries. We have not had a lot of enthusiasm for the Grapevine survey so far, with only 8 people submitting feedback. Please help us to fine-tune our community newsletter and complete the survey online at <https://onetreehill.org.au/index.php/grapevine/survey>.



ABOVE: OTH Progress and Playford Councillors talking to Channel 7 on 22/10/20 regarding town water during a power outage. (Photo credit: Steve Huckstepp)

Thanks to Ian Slater and the group of volunteers who returned the town map sign to the front of the Institute on 12Sep20. The wooden frame failed, and it blew over in early June so Ian organised the local fabrication and installation of a steel frame and it is now much stronger. We are still waiting to hear back from the City of Playford regarding a review of the garden beds on Blacktop Road in the township.

Following earlier written correspondence, we have had informal discussions with the Minister for the Environment and Water and explained to him the situation regarding the lack of town water during a power outage. He said he would take another look at our concerns; this was followed up by one of his staffers in a phone call on 15Oct20. Cr David Kerrison, Cr Andrew Craig, Cr Clint Marsh and I met with the Bunyip on 9Oct20 to present the facts for an article to improve community awareness.

Our next meeting will be held at 7:30pm on Thursday 12Nov20; if you would like to help the community, please think about coming along.

Kind Regards,

Steve Huckstepp / President / One Tree Hill Progress Association / president@onetreehill.org.au

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One Tree Hill CFS ~ October Report



After a noticeably quiet period for the CFS over the last few months, October has been busy including several unusual calls. 14 callouts were recorded including 2 third alarm structure fires, 2 animal rescues, 3 vehicle accidents, 4 trees down, 2 grass fires and a private alarm.

In the first of the 2 large structure fires, our crews were called to assist along with 14 other crews from the MFS and CFS with a fire burning in one of the buildings in the old DSTO/WRE complex. The fire started in a building used by the Ex-Military Rehabilitation Centre and our crews were required to don breathing apparatus to assist with mop-up. The second of these fires was in a lettuce packing shed in Lewiston and was widely reported in the press. In this case, there were 19 units, mostly CFS, called to the blaze which burnt well into the night and caused 3 million dollars in damage.

The first of the vehicle accidents occurred on Hannaford Hump Road and involved a four-wheel drive towing another vehicle on a trailer. The weight on the trailer was enough to force the towing vehicle off the dirt road and into a tree. Fortunately, there were no injuries. One of the other vehicle accidents was unusual in that on arrival the crew found a car lodged in the middle of the large roundabout on Kersbrook Road. The car had shredded tyres and had been abandoned by its driver, the crew was asked to assist SAPOL in a search for the occupants.

Speaking of unusual, we do not get a lot of calls for animal rescues, but this month, we have had two. One involved getting a possum out of a tree, a first as far as we can remember ... before you say "possums are supposed to be in trees", in this case, it was a baby possum whose mother had been killed on Blacktop Road. The call came from wildlife rescue who were afraid the young possum would not survive on its own. The other animal rescue call was for an injured cat stuck in a stormwater drain in Hillbank.

Stormy weather on the 20th of September resulted in a high volume of calls all over the metropolitan area. As a result, our crews were called to assist with trees down near McDonalds in Elizabeth and another where the tree was blocking a road in Golden Grove and had caused a hole in the roof of a house. The other tree related calls during the month were for trees blocking roads, one at Humbug Scrub Road near Para Wirra and the other on Cornishmans Hill Road. The private alarm was an early morning call to the OHSC room at the Primary School where a rather embarrassed carer had burnt the breakfast and set off the fire alarm.



Prepare Your Property

Anyone who has driven around recently will have seen that the signs saying the current focus for the CFS is on property preparation. The late spring rains have resulted in low curing rates in the grass and weeds, but this also means we are looking at an increased fuel load for the summer months. The best time to get out on your mower is while the grass is still green. Delaying by even a couple of days can significantly increase the risk of accidentally starting a fire in dry grass.

As of the 24th of October, there has been no word on the Fire Danger Season dates, please refer to the CFS website if you have any questions. In the meantime, if you are burning off, please take account of the weather conditions and refer to your local council if you have any questions regarding the general burning permits and for guidelines on when, how and what you are permitted to burn. Notifying your neighbours is required in some councils, and a courtesy call to the CFS duty phone may help prevent an unwanted visit to your property.

Article By: Garry Walsh, One Tree Hill CFS Firefighter

For general information please contact OTH Duty Phone on 8280 7055.

You can also visit the CFS website at <http://www.cfs.sa.gov.au> or phone 1300 362 361.

Contact us at grapevine@onetreehill.org.au

One Tree Hill Rural Watch ~ Crime Report

Offences Reported between 15th September — 19th October 2020

Between 21 and 24 September	Theft from motor vehicle	Jordan Drive ONE TREE HILL	Tools stolen from rear of Ute parked outside address
On 28 September	Theft from vehicle	Blacktop Road ONE TREE HILL	Tools stolen from trailer parked outside address
Between 30 September and 2 October	Stock stolen (Sheep/Lambs)	Melville Road GOULD CREEK	Stock stolen from paddock after fence/gate damaged
On 1 October	Stock stolen (Sheep/Lambs)	Gawler OTH Road YATTALUNGA	Stock stolen from paddock
4 October	Arson of Motor Vehicle	Precolumb Road ONE TREE HILL	Vehicle stolen from Elizabeth Park and located burnt out at above location
9 October	Residential Serious Criminal Trespass	Karwin Road HUMBUG SCRUB	Entry forced to premises and various items stolen including firearms. **On 18/10/20 Police arrested 2 persons from Greenwith who have been charged with offences relating to this incident.***
13 October	Residential Serious Criminal Trespass	Williams Road GOULD CREEK	Entry gained via unlocked door. Electrical items and cash stolen. ***This incident is currently being investigated by Elizabeth CIB***

Please be alert to any suspicious behavior such as people attending properties and asking for directions, or for a person whom doesn't live at address. At this time there is no further evidence of anything happening however this is unusual practice and it could be the case that persons are 'checking out' properties to see who is home etc. All residents should be vigilant of this practice and if possible document the time/date/reg of vehicle and description of persons. If possible take a photo of vehicle or persons. Any response to this type of incident should be to request the persons to leave the property and do not provide any information in relation to persons living at address or details of when persons are home or absent from property.



SOUTH AUSTRALIA POLICE
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As always, if you have any information to assist with any crime issues in the area please call Police Communications on 131 444.

Darren McCue / Senior Sergeant First Class / ELIZABETH POLICE STATION

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One Tree Hillians Out & About

If you have any photos you would like to see in the Grapevine, please send in to grapevine@onetreehill.org.au



LEFT: OTHPS staff dressing up for Book Week
(Photo: OTHPS facebook page)

BELOW: Joeys scouts on a town hike during their sleepover at the hall (Photo: Annette Fordham)



BELOW: Archer and Casper dress up for Book Week.
(Photo: Hayley French-Davis)

RIGHT: Jazzy with a rescue wombat friend at Al Ru Farm Open Garden Day (Photo: Wain Walker)

BELOW RIGHT: Cr David Kerrison with the Deputy Mayor and fellow councillors at the OTH Market.
(Photo: Cr David Kerrison's facebook page)



Playford Council ~ Local Councillor's Report

Dear Fellow Ratepayers and Residents,

The City of Playford has now delivered a leaflet in response to the Fire Safety and Verge Mowing Council Resolution (3836) seeking your feedback on our verge and roadside management. Please take the time to provide your feedback on how we can improve the delivery of our services by ringing the City of Playford on 82560333 or by emailing playford@playford.sa.gov.au. The administration has advised that all feedback will be logged and recorded for further consideration. "Your feedback is important to support change".

The risk of the OTH Township residents being left without water during an emergency bushfire event has been raised again by residents and the OTH Progress Association. Unfortunately, the response from SA Water has not adequately addressed the concern. The concern has been raised with our local MP – Paula Luethen and was escalated to the Minister for Environment and Water, David Speirs. I have now been advised that the Minister for Police and Emergency Services is investigating.

I will continue to work with the OTH Progress Association, Paula Luethen and fellow Councillors Clint Marsh and Andrew Craig advocating for action from the State Government. The SA Water supply is delivered to the township from the holding tank on Wood Crs. via an electric pumping station. When SAPN cuts power due to fire risk or any other reason, the OTH township is left without adequate water for residents. The appropriate onsite backup generator would deliver water assurance for residents.

Since being elected to Council, community members and local sporting clubs have expressed their concern with how McGilp Recreation Park is coping with the growing community needs including the carpark, facilities and drainage. Since raising these concerns the administration has developed a concept plan for McGilp Recreation Park and I have had the opportunity to see and discuss these plans. The delivery of these plans are subject to funding and I'll be discussing further why the State Government should be coming to the table with assistance.

The City of Playford is waiting on further information on the Fire Danger Season Dates. I will place updates received from the City of Playford on my Facebook site, if you have further questions please give the City of Playford a call.

Hoping to see everyone again at the OTH markets.

If matters arise that are of concern, please contact Customer Service on 82560333, visit Playford Online Services or give me a call.



Cr David Kerrison - City of Playford

Page · Adelaide, SA, Australia · Public figure · Community · Public & government ...

Best wishes and regards,

Cr David Kerrison / 0478283879 / crdkerrison@playford.sa.gov.au

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NORTHERN FOOTHILLS LAND CARE GROUP EVENT #11

Bee Bio-secure

A healthy natural environment is important for our plants, animals and communities. The Northern Foothills Landcare Group is holding an information evening about beneficial bees, backyard bee keeping and farm biosecurity.

We will learn how to support native bee colonies in our gardens, how to care for the health of your hive and the requirements for keeping your hive disease free. Also we will get an appreciation for the potential pests and diseases that can affect farms and biodiversity.

Come along and understand how you can do your bit to prevent the spread of weeds and diseases and promote the bees that support us and our SA farmers.



Bi annual hive inspection

BEE BIO-SECURE

What may-bee buzzing around your yard and how to support SA farmers



An information session for anyone wanting to understand:

- Benefits of bees and how to support them
- Beginners guide to bee keeping and biosecurity considerations
- Farm biosecurity practice for animal health and weed management

Guest Speakers

Bianca Amato – bee expert and the benefits to farmers

Presenter 2 – backyard bee keeping

Shannon Robertson –PIRSA, Newly Established Weeds,

Date: Tuesday 17th November 2020

Time: 6.45 for 7pm start

Where: One Tree Hill Institute, Blacktop Rd

Cost: gold coin donation

For enquiries and registration contact Bek at
nflcg@outlook.com or ph 0423 392 009

Protect SA farmers

Our farmers have been through a lot lately with drought, fire and even a pandemic. We can help protect farmers in South Australia from further loss by implementing sound biosecurity measures on our properties, large or small.

Farm biosecurity is a set of measures designed to protect a property from the entry and spread of pests, diseases and weeds.

If a pest weed or disease becomes established on your property it will not only affect the health of your animals and your hip pocket through lost productivity but it also has the potential to spread into neighbouring properties and the local districts.

Chilean Needle Grass (*Nassella neesiana*) for example, threatens to escape local properties and invade other parts of South Australia where it is not present, furthering its negative impacts on livestock production.

All land managers play a key role in protecting Australian plant and livestock industries from pests and diseases by implementing controls and having sound biosecurity measures on-farm.

Property biosecurity is your responsibility, and that of every person visiting or working on your property.

Pests, diseases and weeds move around the landscape in a number of different ways, often assisted by human activity. Being mindful of this, there is much that we as property owners can do to prevent the entry and spread of biosecurity threats.

Property scale biosecurity underpins regional and state level biosecurity. So what we do in our backyard will protect SA farmer's livelihoods and secure our states reputation as producers of exceptional products.

Early detection and immediate reporting of an exotic pest or disease increases the chance of being able to carry out eradication. If you spot anything unusual, call the Plant Pest Hotline 1800 084 881 or the Emergency Animal disease Watch Hotline 1800 675 888.



Thankyou and Good Luck, Captain Thomas Walsh



As reported in the Grapevine recently been a change in leadership at the One Tree Hill CFS with Thomas Walsh stepping down as captain and taking up the role as a Deputy Group Officer (DGO) for Para group, this is still a volunteering role, but involves assisting with the management of multiple Brigades.

Para group is made up of the One Tree Hill, Tea Tree Gully, Dalkeith, Salisbury, Virginia and a Region 2 Reserve CFS brigades. Thomas's new role will involve being on call to attend major incidents that occurs within the boundaries of the Para group area and to assist all the brigades in various capacities. There has only ever been one other One Tree Hill CFS member who started at One Tree Hill as a fire fighter and advanced to the level of DGO (Bevis Dixon joined the One Tree Hill Brigade in 1973 and was a DGO from 1995 to 1997). Bevis is still a highly valued and active member of the One Tree Hill CFS brigade.

Thomas has been a member of the One Tree Hill CFS since he joined in 2004 as a 17 year old, his family living in the Humbug Scrub area. He quickly progressed within the brigade serving in various roles including brigade training officer, management committee member, senior fire-fighter, Lieutenant and ultimately brigade captain. He had a baptism of fire after becoming captain when the Sampson Flat bushfire took off a few months after he started his new role.

He very quickly became the spokesperson for the brigade on a local, state and national level and excelled in this role. With his CFS knowledge, his untiring commitment and his cool head in emergency situations, he quickly drew the attention of CFS management at group and regional level.

One of Thomas's many achievements was being nominated by the One Tree Hill brigade for the Australasian Institute of Emergency Services Young Australian Volunteer of the Year award in 2011. Thomas deservedly won this award and as part of his prize he went sailing on the high seas on the training ship the Young Endeavour, sailing along the coast of Tasmania for a week.



In 2018 Thomas started his own business, Lumenetic electrical, and it is a credit to his time management skills that he was able to spend nearly as much time running a successful business as he did in running a busy CFS brigade.

We wish Thomas all the very best in his new role as a deputy group officer and thank him for his commitment in making the One Tree Hill CFS such a professional and well run brigade which in turn makes our local community a safer place to live in.

David Cockburn is the brigade's new captain, having previously undertaken the role of Brigade Captain from 2007 till 2014.



Article supplied by the One Tree Hill CFS Brigade

OTH Vets Say ~ *Watch Out for Snake Bites!*

Weather Changes:

As the weather warms up snakes become more active. It is important that pet owners are aware of the signs of a snake bite and how to help prevent them. Snakebites are relatively common in many areas of Australia; in particular, the Tiger and Brown Snake are responsible for most snakebites. Snake bites often occur in the late afternoon or early evening

Cats and Dogs:



Cats and dogs are curious animals, and because of this bites will occur. Pets are most frequently bitten by Brown Snakes. Owners often report that their dog collapses shortly after a snake bite and can then appear to recover. This is often related to the presence of a pre-paralytic signs that a lethal dose of venom has been delivered to the dog, a dog can die within an hour of envenomation. Urgent treatment is required.

In the case of cats being bitten, they will often show no signs of paralysis until 12 or more hours later sometimes even up to 24 hours after envenomation.

The chances of survival in dogs and cats is improved by administering antivenin and veterinary intervention, 75 – 91% of patients will recover. Without antivenin the survival rate of dogs is 33% and 66% in cats.

Preventative Action:

We can protect our beloved pets by making our properties less attractive. Keep the grass low, clean up any rubbish piles and clear away objects where snakes may hide.

If you can safely do so, a photo of the snake can help identify which antivenin is needed, however please do not put yourself or others at risk for a photo. Please do not bring a snake into a clinic, dead or alive.

Signs of Snakebite in Dogs and Cats are:

- Fang marks
- Sudden weakness followed by collapse
- Shaking or twitching of the muscles and difficulty blinking
- Drooling
- Vomiting
- Diarrhoea
- Urination
- Weakness
- Paralysis
- Blood in urine
- Dilated pupils

If you suspect your dog or cat has been bitten by a snake you should keep them calm and quiet and take them immediately to the vet.



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Snake Bites in Horses:



Signs of Snakebite in Horses:

- Wobbly gait and weakness
- Laboured breathing
- Colic signs- sweating/ pawing/ rolling
- Reluctance or inability to walk
- Swollen muzzle
- Dilated pupils
- Unexplained bleeding from nose and or mouth
- Blood in urine



Bites from some snakes will make a horse collapse and then seem to recover. This can be misleading. What really happens is that the snake toxins are spreading through the system and starting to cause damage. Within a few hours other signs will start to develop.

When a horse shows any of these symptoms and you suspect they have been bitten, it is vital to try and keep the horse calm.

The symptoms can also be indicators of other diseases that include Hendra Virus Infection. If the horse has any of the above symptoms and is not vaccinated, it is important to avoid all contact with any secretions and/or discharges from the horse's nose, mouth or eyes.

Contact your veterinarian immediately. Identification of the snake is often difficult, however may help the vet to apply treatment.

First Aid with Equine Snakebite:

If possible, keep the horse in a quiet, dark place. If the horse's nose is swollen and restricted breathing is present, use some cut hose in the swollen nostrils to ensure breathing. To prevent damage of the swollen nostrils use Vaseline or place tape around the ends of hoses.

If marks are identifiable, apply a compression bandage above and below the bite until the veterinarian arrives.

If on a trail ride and suspect your horse has been bitten, stop and keep the horse as quiet as possible. If it is a leg bite, bandage the area above and below the bite and organise transport for the horse to the nearest vet.



Veterinary Treatment:

The vital treatment of snakebites is prompt administration of antivenom and intensive supportive care. Intravenous fluids, antihistamines, adrenaline and supportive oxygen can sometimes support ventilation. Hospitalisation with intensive care of a minimum of 24 hrs is often required.

Cat image: <http://schrodingersothercat.blog/2017/02/14/cat-vs-snake-updated/>

Horse image: http://www.hoofbeats.com.au/sneakpeekNEW/newspeak/nov_17_snakes.html

Snake antivenom image: <https://www.avsl.com.au/avsl-multi-brown-snake-venom/>

Article & Photos provided by EquiClinic, One Tree Hill

ONE TREE HILL BUSHFIRE READY MEETING

This meeting could save your life!

TOPICS INCLUDE:

- Bushfire behaviour & warnings
- Property preparation
- Keeping safe
- Where to go and when
- Your bushfire plan



WHEN & WHERE

Wednesday 25th November 2020
BBQ provided by City of Playford from 6pm
Bushfire Ready Meeting from 6:30pm

McGilp Recreation Centre
One Tree Hill



Due to Covid-19, registrations are essential.

FURTHER DETAILS:

For further information please contact Community Engagement Officer, Kelly McMiles on 0457 101 696 or Kelly.mcmiles3@sa.gov.au

To register, please contact
CFS Community Engagement
P: 8212 9858 or E: CFSEngagement@sa.gov.au

What's Flowering In My Garden?

There's lots and lots of flowers in my garden at the moment. The Winter flowering plants are putting on new leaf growth and the Spring flowering plants are putting on a stunning array of colours from many different plants. The heady perfume from the yellow and cream flowers of the Native Frangipani (*Hymenosporum flavum*) is sensational on warm mornings and balmy evenings. The beautiful perfume from the perfectly formed petite flowers of the rose Cecil Brunner is just amazing and intoxicating. There is colour and perfume everywhere I look from the golden bronze spider like flowers of the grevilleas to the soft pale pinks and creams of the *Eremophilas* and to the delicate pink flowers of the *Eucalyptus sideroxylon*. It is Springtime, just a sight to enjoy.



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Melaleuca teretifolia variety Georgiana Molloy is full flower providing striking flowers to admire and enjoy. Although it does not emit any distinguishable scent, it's stunning flowers make it a must have plant for any garden, whether it be a small suburban garden or for a larger garden. Growing 1.2m by 1.2m, this plant has long stems from which thin branchlets are held. These branches display soft pink flower buds that open to reveal beautiful bright pinkish purple bottlebrush type flowers. It bears small dark green narrow leaves and it's seed capsules are retained for a very long time.

The honey bees are attracted to the nectar that is produced and, also, many native bees can be seen enjoying this plant's flowers. The many Honeyeaters spend a lot of time foraging for their share of the nectar that is produced. Being a small rounded but open plant, it is ideal to plant as a feature plant or planted as a hedge with other plants. Planted close together Georgiana Molloy can become effective as a windbreak. It can be trimmed back to keep it in a rounded shape in order to keep it from becoming too straggly. From time to time, *Melaleuca Georgiana Molly* can be found at good garden centres. You may need to water during Summer until it is established. Once established and flowering you will enjoy the spectacular flowers that this variety exhibits. *Melaleuca teretifolia* Georgiana Molloy is one of my favourites; it's just lovely. Just beautiful.

Article and photo submitted by Heather Fischer



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Our Vision - "People of Faith, sharing God's love as we Worship & Serve in the Community"



SUNDAY MORNING SERVICE

10am EVERY SUNDAY

Our kid's church program recommenced in October, and runs every Sunday morning during the regular service.

MONTHLY FELLOWSHIP MEETINGS

Held 4th Wednesday each month.

Next Meeting—Wednesday 25th November with Christmas Devotions.

FELLOWSHIP STALL - MONTHLY MARKET

Our ladies will be back at the September Market, - Saturday 3rd October - selling a variety of everyone's favourite home-made cakes, slices, & biscuits, plus plants, bric-a-brac, games, etc. They would love to see you - so drop on by.

BIBLE STUDY/FELLOWSHIP GROUPS

The church has 2 Bible study/Fellowship Groups currently running:

- Thursday (fortnightly): 1.30 pm - &
- 1st & 3rd Tuesday - 7.00 pm

SUNDAY NIGHT YOUTH /YOUNG ADULTS GROUP

Youth have a meeting each month, to catch up over food, and games.

We're meeting at the end of the month to sort through and put together - 'Shoeboxes of Love' - for Samaritans Purse, in readiness to send to children overseas in time for Christmas.

We're then heading to the States processing centre on Friday November 20th to volunteer and help pack boxes ready for shipping. This year the gift boxes are being sent from Australia to Malawi, Madagascar, Cambodia and Fiji.

If you would like to join us, or donate items for the shoeboxes, or provide a monetary gift to pay for each box to be sent (\$10 per box), all would be gratefully received.

Please contact Kendrie on 0419 994 332



GOOD NEWS. GREAT JOY.

RED BIRD OP SHOP

The Op Shop is now up and running again. The opening hours are 9.30 am – 4pm, Monday - Friday.

Address - 4 Hilcott Street, Rosewood Village, Elizabeth North.

Donations of second hand clothing are always appreciated, and can be dropped off at the shop.

Keep up to date with the activities of the church via our Facebook and Instagram pages.

Or, contact us on 0414 727 396.



One Tree Hill Uniting Church

Religious organisation

One Tree Hill, South Australia

Enquiries – Maureen – 8280 7368



One Tree Hill Institute Hall Hire

The One Tree Hill Institute is a beautifully maintained building with two inter-joining large halls, a complete kitchen and bar area.

The hall has a new surround sound system, TV, microphone facilities, and heating and cooling.

Outside you will find a sheltered playground that leads to picturesque garden areas which are ideal for photos.

The One Tree Hill Institute is an ideal location for Weddings, Engagement Parties, Birthday Parties, Reunions and Meetings.

Why not come and have a look or check us out?

Ph: 0459 105 045

Email: hall@onetreehill.org.au



Enquiries can now be made online at <https://onetreehill.org.au/index.php/hall>



LEFT: Making snow fun!

BELOW: The OTH Scout Hall was fully decorated in a winter wonderland theme for the fundraiser event.



OTH Scout Group Update ~ Joey Scouts

In September, the Joey Scouts invited their family and friends for a fundraising afternoon tea at the Scout Hall. We collected items and raised money for Backpacks 4 SA Kids. The charity provides resources for children and young people placed in emergency foster care. With money raised we purchased a significant number of colouring items to include in their packs, allowing for moments of mindfulness and relaxation.



The fundraiser is part of our World Scouting Messenger of Peace project, inspiring positive change and a better world.

After a term learning about snow and ice, the Scout Hall was recreated for our 'Winter Wonderland' arctic theme, with trees, pine cones, arctic animals, and of course snow!

The Joey Scouts helped by making decorations, baking food and cleaning the hall afterwards. They completed their Charity goal, by also donating items for the colouring packs.

After the fundraiser, the Joey Scouts enjoyed a sleepover at the hall, practicing skills in menu planning, packing gear for a camp, setting up a tent, and packing their backpack for a hike. Our local hike in the OTH township reminded us how lucky we are to be surrounded by local flora and fauna.

Congratulations to all the Joey Scouts for achieving your charity goal, and making a difference in your community. Well done!



One Tree Hill Scout Group currently have vacancies for joeys (age 5-8), scouts (age 11-15) and venturers (age 15-18), and we are always interested to hear from adults who wish to become a leader! Contact Group Leader Mike Branson for 3 free visits, on 0430 422 895.

Article and Photos by Annette Fordham "Lorikeet", OTH Joey Leader



Kick That Habit!

A Mental Health & Wellbeing Article by One Tree Hill Local Natasha Steen



Let's talk about habits! First thing is that habits are not necessarily bad. There are many regular patterns of behaviour that foster a healthy lifestyle. It is useful to consider some of your favourable habits, consider how they may have formed and what you do to maintain them.

It is useful to think of less desirable habits on a continuum – mild, moderate and more significant. Mild habits could include leaving your shoes in the lounge or not untying your shoelaces. A moderate habit might be always letting your petrol run too low or drinking too much just when you go to a party! Or perhaps you have some more challenging habits like smoking or gambling that can be more destructive on your health and wellbeing.



To change our habits - especially the more destructive ones, I think it is important to first take the time to think about why you might do this. For example, with smoking, some people may have developed this habit for more so physical reasons (smell, taste, fix, something to do with their hands) and for others it may be more so emotional reasons (loss, self doubt, depression, stress, anxiety). By taking the time to be honest about how this habit came about you should slowly unravel and understand how you can effectively kick the habit!



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Kick That Habit!

Once you have considered the reasoning behind your habit - you might find the below tips useful:

1. **Work out what your triggers are...** this can help to stop our autopilot actions kicking in. This can be harder to do if your triggers are emotional.
2. **Deal with the triggers...** if you come home stressed and go straight to the fridge for a beer... what could you do instead? If you know it is emotional stuff...why aren't you seeking some counselling? Counselling can be good for anyone not just people with significant mental illness.
3. **Find substitute actions...** this is really, really important. You need to be aiming to DO something different rather than nothing. If you do nothing you will find it harder. IF you want to avoid binge eating at night....start by swapping the time nearer to the pantry by taking one cookie only and a cup of tea to bed and pledge to not leave the room until morning. With your cuppa read a book, watch TV or have a chat.
4. **Set up prompts...** Once you have ideas on what will distract you.....try to put your helpful distractions right in front of you...eg if you want to distract yourself by taking a walk – put your sneakers just outside your bed OR leave your favourite song ready to play before you get in the car to help you after a stressful day at work



5. **Reward yourself...** and give yourself regular pats on the back.
6. **Get support from family and friends...** Find a buddy to have a coffee with and distract yourself with conversation. Go to the doctor – with smoking many people have a lot of success coupling the above with medication. Call telephone support lines and consider booking in with a counsellor/coach.
7. **Be patient and kind to yourself...** These things take time and can have discouraging patches.

While all habits are different....the main game is to be proactive and know that you are in control...and without a doubt will power does come into it! Importantly the person with the habit needs to want to make the change themselves. No one can do this for them.

Maybe you are ready to take some action on a habit of yours?

Remember Nothing Changes if Nothing Changes!

Article by Natasha Steen

Natasha is a local One Tree Hill resident, with her husband Craig, and 2 daughters - plus Dusty the Dog! Natasha - amongst other things - has her own Counselling and Coaching business. She has over 24 years of experience in this work and takes pride in supporting people to nurture their health by adopting simple things that really work to improve day to day living.

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CE Property Real Estate	8280 0033	Leo's Concrete	0412 628 854
City Of Playford	8256 0333	Mr Clip Gardening	8365 8000
DN Roof Tiling & Restoration	0423 575 558	Natasha Steen Counselling	0400 740 003
ESJ Roller Shutters	0409 426 255	NCPS Industrial Pumps	8285 2344
Firewood (Brian Hughes)	0427 910 801	Northern Foothills Landcare Group	0423 392 009
Fisch's Slashing Services	0422 449 748	Olympic Drilling	0408 847 060
EquicClinic OTH Vet	8280 7947	Olympic Boring	0408 847 060
Golden Grove Domestic Maintenance	0411 581 986	One Tree Hill Gift & Post	8280 0090
Haywood Carpentry	0411 527 694	Puccini Electrical	0421 773 673
Inspiring Landscapes (Rick's Earthworks)	0418 829 332	Roger Girdham Electrical	0417 853 863
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One Tree Hill Community Directory ...

Council Members	David Kerrison	0478 283 879	OTH Progress Association	President	0406 382 342
	Veronica Gossink	0411 733 847		Treasurer	0406 382 342
Council Member & JP	Andrew Craig	0417 016 160	OTH Playgroup	Charlotte	0426 978 262
Cricket Club	Mike Banwell	0415 177 955	OTH Primary School	Principal	8280 7027
Federal MP	Nick Champion	8254 2422	Para Wirra Conservation Park	Office	8280 7279
Fodder Store	Dean Whitehorn	8280 7680	Pharmacy	Shadi Ibrahim	8280 7890
General Store & Diner	Matt & Rachel	8280 7020	Post Office	Wain	8280 0090
Home Assist	Playford Council	8256 0355	Scout Group	Mike Branson	0430 422 895
Northern Hills Pony Club	Sharon	0401 214 950	Senior Citizens	Louise Niva	0409 315 625
OTH Grapevine	Compiler (Bindi)	0435 269 564	Soccer Club Registrar	Tanya Abela	0414 828 981
OTH Country Market	Enquiries	0457 107 817	State MP	Paula Luethen	8288 8218
OTH Institute Hall	Enquiries &	0459 105 045	Tennis Club	Garry Evans	0415 399 658
	Bookings		Walking Club (Walkie Talkies)	Helen	8280 7035

Playford Council Contacts ...

24hr Emergency & Lost/Found Dogs 8256 0333

General Enquiries & Burning Permits (Seasonal) 8256 0333

Email: playford@playford.sa.gov.au

When telephoning council with request please remember to get a Customer Reference Number (CRN) to ensure registration and easy identification of your communication.

Contact us at grapevine@onetreehill.org.au



WHAT'S ON



SAT 31/10 - OTH Halloween Night (see Oct ed)
TUE 17/11—Bee Bio-Secure Session (p10)
WED 25/11 - Bushfire Ready Session (p14)
SAT 5/12—OTH Country Monthly Market
FRI 18/12—Twilight Christmas Market 4-8pm

COUNTRY MARKET



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SAT 7th NOVEMBER 8:30am-1pm

One Tree Hill Institute
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0457 107 817 / market@onetreehill.org.au



Mobile Library

Alternate Fridays:
3:00pm—4:00pm
Opposite Blacksmith's Inn
6th November
20th November

Next OTH Progress General Meeting

Thursday 12th November @ 7:30pm
OTH Institute, Black Top Rd, One Tree Hill



PLAYGROUP IS BACK!!

Limited time 9:30-11am, but please contact Charlotte beforehand to register, due to social distancing number limitations.

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Contact: Monday: Charlotte / 0426 978 262



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OTH Grapevine December Edition Deadline

Wednesday 18th November

grapevine@onetreehill.org.au

Bindi / 0435 269 564